

# Fresh. Local. Good.

food group

## CATERING & EVENTS



**IRON HEN**  
C A F E

# Lunch!

Call one of our Catering & Event Producers today to set up your next catering! We are appy to work with you on **CUSTOM MENUS** for your special event, meeting, wedding, birthday, or in-home party.

### MAIN DISH

\$9.95/person

*Includes 1 Complement, Refresher, Sweet Treat, Eco-Disposables, and Ice*  
Add an extra complement, \$2/per person  
Add Rolls with Butter, \$1/per person

#### Protein

Herb Rubbed Grilled Chicken • Smoked BBQ Chicken • Pulled Slow Roasted Pork • Flank Steak (+.50) • Fig & Brown Sugar Pork Tenderloin • Grilled Dry Rubbed Salmon • Blackened Catfish with Cajun Remoulade

#### Complements

Gouda Macaroni and Cheese  
Red Bliss Dill Potato Salad  
Oven Roasted Red Skin Potatoes  
Garlic Red Bliss Mashed Potatoes  
Cinnamon Mashed Sweet Potatoes  
Hand-Cut Sweet Potato Chips  
Garlic Grilled Green Beans  
Grilled Harvest Vegetables  
Mushroom Wild Rice  
Cheddar Cheese Guilford Grits  
Mixed Greens Garden Salad  
Roasted Broccoli Florets

### COVERED DISH

\$10.95/person

*Includes Hen House Salad, Refresher, Sweet Treat, Roll, Eco-Disposables, and Ice*

Sliced Chicken & Wild Rice Casserole • Pasta: Herb Grilled Chicken; Steak; or Portobello Mushroom with Harvest Garden Vegetables in Garlic Cream Sauce • Lasagna: Ground Beef; Chicken; or Veggie with our Low-Country White Cream Sauce • Grits & Greens • Southern Chicken & Broccoli Casserole

### LIGHTER FARE

\$7.95/person

*Includes Refresher, Eco-Disposables, and Ice*  
Add a Sweet Treat, \$1/per person  
Add Rolls with Butter, \$1/per person

**Soup & 1/2 Sandwich Bar**  
OR **Soup and Salad Bar**

#### Potato Bar

Garlic Red Bliss Mashed • Cinnamon Mashed Sweet • Idaho Baked  
*(We'll provide your favorite toppings!)*

#### Add Hearty Chili

\$2.00/person

#### Soup, Salad, and Potato Bar

\$9.95/person

### BAR SCENE

\$12.95/person

*Includes Refresher, Sweet Treat, Eco-Disposables, and Ice*

#### Southern Fajita Bar

Chicken and Steak • Tortillas • Black Eyed Peas • White Rice with Cut Corn, Tomato, and Red Onion • Sour Cream • Guacamole • Salsa • Shredded Cheddar • Lettuce • Tomatoes • House-made Red Tortilla Chips

#### Main Dish Salad Bar

##### Pick Your Protein

Grilled Chicken • Flank Steak (\$.50) • Salmon (\$.50) • Tofu • Portobello Mushrooms

##### Pick of Salad

Asian Pear & Pecan with Bacon • Spinach • Hen House with Fresh Chopped Toppings

*All main dish salads served with a fresh roll and house-made dressings*

### NOT YOUR ORDINARY BOXED LUNCH

\$9.95/person (sandwich only \$5.50/person)  
*Includes Refresher, Eco-Disposables, and Ice*

#### Choice of Sandwich

*All Sandwiches made to order on locally made fresh bread or wrap*  
Red Delicious Chicken Salad • Egg Salad • Pimento Cheese • Turkey & Provolone • Roast Beef & Cheddar • Ham & Swiss • Chicken Caesar Wrap • Steak Caesar Wrap • Garden Veggie Wrap • Hen House Salad with Chicken, Tofu, Steak (\$.50), or Salmon (\$.50)

#### Choice of Side

Cut Fruit • Sweet Potato Chips • Red Bliss Dill Potato Salad

#### Choice of Treat

Cookie • Brownie • Lemon Bar • Fruit

*Ask about our Deli Trays served with locally made bread and all the toppings!*

### SNACKS

\$5.75/person

Red Delicious Chicken Salad, Egg Salad, and Pimento Cheese served with Bread Assortment • Fruit on the Rind & Assorted Cheeses • Butterbean Hummus with House-made Tortilla Chips • Hen House Bruschetta • Black Bean & Cut Corn Salsa with House-made Tortilla Chips • Vegetable Crudite with Butter Herb Dressing

### SWEET TREATS

*Ask what's on the Baker's rack today...*  
Cookies • Brownies • Lemon Bars • Cream Cheese Banana Pudding.  
*Gluten-Free desserts available.*

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

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## Breakfast!

The most important meal of the day

### CONTINENTAL

\$7.00/person

Bagels and Cream Cheese, Assorted Fresh Baked Muffins, Seasonal Fruit and Yogurt. *Add Gorilla Grains Granola for \$1/person.*

### BIG BREAKFAST

\$9.50/person

Scrambled Eggs, Home Fries or Grits, Bacon or Sausage, & Seasonal Fruit. *Add Medallion Buckwheat Pancakes or Buttermilk Roll French Toast for \$2/person.*

### GUILFORD MILL STONE GROUND GRIT BAR

\$6.00/person

Creamy Stone Ground Grits, Fresh Goat Cheese, Shredded Cheddar Cheese, Crumbled Bacon and/or Sliced Sausage, and Diced Scallions. *Add Scrambled Eggs for \$2/person*

### SOUTHERN BURRITO BAR

\$10.95/person

Scrambled Eggs, Tortillas, Salsa, Shredded Cheddar Cheese, Home Fries, Crumbled Bacon or Sliced Sausage, and Stone Ground Grits.

### PANCAKE OR FRENCH TOAST BAR

\$9.00/person

Medallion Buckwheat Pancakes or Buttermilk Roll French Toast, served with Syrup, Fresh Fruit, Fresh Blueberry Compote, Butter, and Stone-Grind Grits.

### BREAKFAST SANDWICHES

\$9.00/person

#### Choice of Bread:

*Biscuit, Croissant, or Bagel*

#### Choice of Sandwich:

*Bacon, Egg, & Cheese, Sausage, Egg, & Cheese, Egg & Cheese, and Country Ham*

Includes Home Fries and Fresh Fruit

### BREAKFAST BAKES

\$8.95/person

*Served in increments of 12 and 24*

- Ham and Hash Brown
- Sausage, Egg, and Cheese
- Stuffed French Toast Bake
- Hash Brown Spud Bake w/Sharp Cheddar

Complemented by Seasonal Fruit

## Drink up!

### COFFEE BARS

**Coffee Carriers** \$18.00

8 12oz cups of Coffee, Creamers, and Sweetener

**Percolators** \$70.00

up to 110 cups

*Flavored Syrups Available*

### COKE PRODUCTS & LE BLUE WATER

\$1.75/bottle

Coke, Diet Coke, & Sprite, Le Bleu Private Label Water

### FULL BAR SERVICE

Iron Hen Cafe can provide local beer and wine (*and all others from across the world*) for your next event! Ask us about our specialty cocktails and drink infusions.

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